

Your community and Volunteering Opportunities

Are you interested in being involved in a community group? Would you like to develop your own group and work in partnership with your local Family Hub? Would you like to volunteer and support families in the community? Please call contact your Community Connector Karen Saward karen.saward@barnardos.org.uk

Early Support – 0-19 years

We have staff available Monday – Friday who can provide advice and support to children, aged 0-19 years, and families in our local community. This can include behaviour support, child development, toileting, sleep, getting out and about, connecting with people in your community, transition to school or senior school, school Readiness, healthy lifestyles and emotional wellbeing. We can also assist with 2-year funding applications for childcare.

Drop in Self weigh

An opportunity for you to 'drop in' to our hubs and weigh your baby/child – no need to book an appointment. A member of the team will be available for support if needed.

Developmental Reviews

All children will be offered a 9-12 month and a 2 ½ - 3-year development review. You will be contacted to book this appointment. If you have any concerns about your child's development, then please contact us.

Healthy start vouchers

If you're more than 10 weeks pregnant or have a child under 4, the Healthy Start scheme can help you buy healthy foods like milk or fruit and get free vitamins You need to be claiming certain benefits to qualify. If you're pregnant and under 18 you can claim even if you do not receive any benefits. Pop into one of our family hubs or delivery sites to find out more and get your vitamins.



Bookstart aims to encourage a love of books, stories and rhymes in children from as young an age as possible – Within our sessions, we will be incorporating stories, songs and rhymes plus sharing tips and strategies for parents to continue to share books and songs with their children.



www.essexfamilywellbeing.co.uk



0300 2470014



Maldon Family Hub – Maldon District



Essex Child and Family
Wellbeing Service



Maldon District: 29th July – 30th August

Welcome to your local family hub, where you can access **free**, friendly and high-quality health services in your community, school, online or family home. We offer a variety of sessions to support your child's development and build strong parent-child relationships.

Family Hubs ensure that children, young people and families (0-19 years or up to 25 years if SEND) can access integrated early support. We provide a one-stop shop of family support services for your mental and physical health plus your educational and social care needs. Our partner agencies include midwives, GP's, CAMHS and local community groups.

The focus of our service is making sure that everyone in Essex has the best possible start in life through meeting the identified needs of children, young people and families.

Maldon Family Hub

Maldon Library
Carmelite Way, Maldon
CM9 5FW
Monday to Friday 9 - 5pm

Dengie Family Hub Delivery Site

Ormiston Rivers Academy
Southminster Road
Burnham on Crouch
CM0 8QB

Chetwood Family Hub Delivery Site

Shirebourn Vale
South Woodham Ferrers
CM3 5ZX
Monday & Thursday 9.30-4.30pm
Wednesday 9.30-12.30pm

Tuesday and Friday 9.30-4.30pm
Wednesday 12.30-4.30pm

Please note that buggies are not allowed into our sites and must be left outside.

Commissioned by



t: 0300 2470014

Summer timetable W/C 29th July 2024 – Maldon District

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Drop-in for support & self weigh Maldon CM9 5FW Chetwood CM3 5ZX 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Dengie CM0 8QB 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW 9.30am-4.30pm Chetwood CM3 5ZX 9.30am-12.30pm Dengie CM0 8QB 12.30pm-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Chetwood CM3 5ZX 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Dengie CM0 8QB 9.30am-4.30pm</p>
<p>Summer Stay, Play and Learn 1st Session: 9.30am – 10.30am 2nd Session: 10.45am – 11.45am Chetwood Delivery Site CM3 5ZX A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)</p>	<p>Infant Feeding Support (Virtual workshop) 10am-11.30am Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p>First Time Parents 10am-11.30am Chetwood Delivery Site CM3 5ZX Support for new parents/carers. 4-week course Please call for confirmation of location and to book.</p> <p>Let's Talk Together (Virtual workshop) 1.30pm – 2.30pm Support for 18–30-month-old children with their early language development – 2-week course. Call for further advice and to book.</p> <p>Summer Stay, Play and Learn 1pm – 2.30pm Dengie Delivery Site CM0 8QB A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)</p> <p>School-age health drop in 3pm- 4.30 pm Maldon Hub CM9 5FW Drop –in to discuss support around sleep, toileting, behaviour, anxiety and other concerns</p>	<p>First Time Parents 10am-11.30am Support for new parents/carers. 4-week course Please call for confirmation of location and to book.</p> <p>Baby Beginnings 1st Session 1pm – 2pm 2nd Session 2.30pm-3.30pm Maldon Family Hub CM9 5FW A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 mths, covering play and development including crafts and singing.</p> <p>School aged summer session 3pm-4.30pm Dengie Delivery Site CM0 8QB For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p>	<p>Stay, Play, and Learn 9.30am – 11am Maldon Hub CM9 5FW A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.</p> <p>SEND support group 9.30am-11.30am Chetwood Delivery Site CM3 5ZX Drop in peer led group to support families who have a child or children with diagnosed or undiagnosed SEND. Children are welcome to attend.</p> <p>Baby Beginnings 1pm – 2.30pm Chetwood Delivery Site CM3 5ZX A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 mths, covering play and development including crafts and singing.</p> <p>5-16 years Get Active Session 3.30pm–4.30pm Chetwood Delivery Site CM3 5ZX Come and try a variety of sports, ball games and active play. (siblings welcome but activities may not be suitable, parents must stay)</p>	<p>Baby Beginnings 9.45am – 11.15am Dengie Delivery Site CM0 8QB A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 mths, covering play and development including crafts and singing. Plus, support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding.</p>

t: 0300 2470014

Summer timetable W/C 5th August 2024 – Maldon District

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Drop-in for support & self weigh Maldon CM9 5FW Chetwood CM3 5ZX 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Dengie CM0 8QB 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW 9.30am-4.30pm Chetwood CM3 5ZX 9.30am-12.30pm Dengie CM0 8QB 12.30pm-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Chetwood CM3 5ZX 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Dengie CM0 8QB 9.30am-4.30pm</p>
<p>Summer Stay, Play and Learn 1st Session: 9.30am – 10.30am 2nd Session: 10.45am – 11.45am Chetwood Delivery Site CM3 5ZX A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)</p> <p>Creative Session 1-8 years 10.00am–11.30am Maldon Library CM9 5FW A drop-in session for 1–8-year-olds, try you hand at getting creative using a variety of materials. (siblings can attend but activities may not be suitable)</p>	<p>Infant Feeding Support (Virtual workshop) 10am-11.30am Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p>First Time Parents 10am-11.30am Chetwood Delivery Site CM3 5ZX Support for new parents/carers. 4-week course Please call for confirmation of location and to book.</p> <p>Let’s Talk Together (Virtual workshop) 1.30pm – 2.30pm Support for 18–30-month-old children with their early language development – 2-week course. Call for further advice and to book.</p> <p>Summer Stay, Play and Learn 1pm – 2.30pm Dengie Delivery Site CM0 8QB A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)</p> <p>School-age health drop in 3pm- 4.30 pm Maldon Hub CM9 5FW Drop –in to discuss support around sleep, toileting, behaviour, anxiety and other concerns</p>	<p>First Time Parents 10am-11.30am Support for new parents/carers. 4-week course Please call for confirmation of location and to book.</p> <p>Baby Beginnings 1st Session 1pm – 2pm 2nd Session 2.30pm-3.30pm Maldon Family Hub CM9 5FW A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 mths, covering play and development including crafts and singing.</p> <p>Young Carers summer fun session-run in partnership with Action For Family Carers 12.30pm-2.30pm Dengie Delivery Site CM0 8QB Free session for young carers aged 4-19 years that includes lunch, siblings welcome. There will be a selection of craft activities, games and outside activities. Please call us to book your space</p> <p>School aged summer session 3pm-4.30pm Dengie Delivery Site CM0 8QB For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p>	<p>Stay, Play, and Learn 9.30am – 11am Maldon Hub CM9 5FW A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.</p> <p>Baby Beginnings 1pm – 2.30pm Chetwood Delivery Site CM3 5ZX A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 mths, covering play and development including crafts and singing.</p> <p>School-age summer session 3pm-4.30 pm Chetwood Delivery Site CM3 5ZX For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p>	<p>Baby Beginnings 9.45am – 11.15am Dengie Delivery Site CM3 5ZX A drop in, 10-week rolling programme for parents / carers and babies aged 0-12mths, covering play and development including crafts and singing. Plus, support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding.</p>

t: 0300 2470014

Summer timetable W/C 12th August 2024 – Maldon District

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Drop-in for support & self weigh Maldon CM9 5FW Chetwood CM3 5ZX 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Dengie CM0 8QB 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW 9.30am-4.30pm Chetwood CM3 5ZX 9.30am-12.30pm Dengie CM0 8QB 12.30pm-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Chetwood CM3 5ZX 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Dengie CM0 8QB 9.30am-4.30pm</p>
<p>Introducing Solids (Virtual Workshop) 1pm-2.30pm Support and advice on introducing solid food to your baby. Please call to book.</p> <p>Summer Stay, Play and Learn 1st Session: 9.30am – 10.30am 2nd Session: 10.45am – 11.45am Chetwood Delivery Site CM3 5ZX A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)</p>	<p>Infant Feeding Support (Virtual workshop) 10am-11.30am Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p>First Time Parents 10am-11.30am Chetwood Delivery Site CM3 5ZX Support for new parents/carers. 4-week course Please call for confirmation of location and to book.</p> <p>Let's Talk Together (Virtual workshop) 1.30pm – 2.30pm Support for 18–30-month-old children with their early language development – 2-week course. Call for further advice and to book.</p> <p>Summer Stay, Play and Learn 1pm – 2.30pm Dengie Delivery Site CM0 8QB A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)</p>	<p>First Time Parents 10am-11.30am Support for new parents/carers. 4-week course Please call for confirmation of location and to book.</p> <p>Baby Beginnings 1st Session 1pm – 2pm 2nd Session 2.30pm-3.30pm Maldon Family Hub CM9 5FW A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 mths, covering play and development including crafts and singing.</p> <p>School aged summer session 3pm-4.30pm Dengie Delivery Site CM0 8QB For all children, 5-19 yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p>	<p>Stay, Play, and Learn 9.30am – 11am Maldon Hub CM9 5FW A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.</p> <p>Baby Beginnings 1pm – 2.30pm Chetwood Delivery Site CM3 5ZX A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 mths, covering play and development including crafts and singing.</p> <p>5-16 years Get Active Session 3.30pm–4.30pm Chetwood Delivery Site CM3 5ZX Come and try a variety of sports, ball games and active play. (siblings welcome but activities may not be suitable, parents must stay)</p>	<p>Baby Beginnings 9.45am – 11.15am Dengie Delivery Site A drop in, 10-week rolling programme for parents / carers and babies aged 0-12mths, covering play and development including crafts and singing. Plus, support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Drop-in for support & self weigh Maldon CM9 5FW Chetwood CM3 5ZX 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Dengie CM0 8QB 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW 9.30am-4.30pm Chetwood CM3 5ZX 9.30am-12.30pm Dengie CM0 8QB 12.30pm-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Chetwood CM3 5ZX 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Dengie CM0 8QB 9.30am-4.30pm</p>
<p>Summer Stay, Play and Learn .1st Session: 9.30am – 10.30am 2nd Session: 10.45am – 11.45am Chetwood Delivery Site CM3 5ZX A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)</p> <p>Creative Session 1-8 years 10am–11.30am Maldon Library CM9 5FW A drop-in session for 1–8-year-olds, try you hand at getting creative using a variety of materials. (siblings can attend but activities may not be suitable)</p>	<p>Infant Feeding Support (Virtual workshop) 10am-11.30am Support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p>First Time Parents 10am-11.30am Chetwood Delivery Site CM3 5ZX Support for new parents/carers. 4-week course Please call for confirmation of location and to book.</p> <p>Let’s Talk Together (Virtual workshop) 1.30pm – 2.30pm Support for 18–30-month-old children with their early language development – 2-week course. Call for further advice and to book.</p> <p>School-age health drop in 3pm- 4.30 pm Maldon Hub CM9 5FW Drop –in to discuss support around sleep, toileting, behaviour, anxiety and other concerns</p>	<p>First Time Parents 10am-11.30am Support for new parents/carers. 4-week course Please call for confirmation of location and to book.</p> <p>Baby Beginnings 1ST Session 1pm – 2pm 2nd Session 2.30pm-3.30pm Maldon Family Hub CM9 5FW A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 mths, covering play and development including crafts and singing.</p> <p>Young Carers summer fun session-run in partnership with Action For Family Carers 12.30pm-2.30pm Dengie Delivery Site CM0 8QB Free session for young carers aged 4-19 years that includes lunch, siblings welcome. There will be a selection of craft activities, games and outside activities. Please call us to book your space</p> <p>School aged summer session 3pm-4.30pm Dengie Delivery Site CM0 8QB For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p>	<p>Stay, Play, and Learn 9.30am – 11am Maldon Hub CM9 5FW A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.</p> <p>Baby Beginnings 1pm – 2.30pm Chetwood Delivery Site CM3 5ZX A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 mths, covering play and development including crafts and singing.</p> <p>School-age summer session 3pm-4.30 pm Chetwood Delivery Site CM3 5ZX For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p>	<p>Baby Beginnings 9.45am – 11.15am Dengie Delivery Site CM0 8QB A drop in, 10-week rolling programme for parents / carers and babies aged 0-12mths, covering play and development including crafts and singing. Plus, support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding.</p>

t: 0300 2470014

Summer timetable W/C 26th August 2024 – Maldon District

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Bank Holiday</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Dengie CM0 8QB 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW 9.30am-4.30pm Chetwood CM3 5ZX 9.30am-12.30pm Dengie CM0 8QB 12.30pm-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Chetwood CM3 5ZX 9.30am-4.30pm</p>	<p>Drop-in for support & self weigh Maldon CM9 5FW Dengie CM0 8QB 9.30am-4.30pm</p>
<p>Sites closed</p>	<p>Infant Feeding Support (Virtual workshop) 10am-11.30am Support and information on feeding your baby - breastfeeding, formula feeding or combi-feeding. Please call to book.</p> <p>First Time Parents 10am-11.30am Chetwood Delivery Site CM3 5ZX Support for new parents/carers. 4-week course Please call for confirmation of location and to book.</p> <p>Let's Talk Together (Virtual workshop) 1.30pm – 2.30pm Support for 18–30-month-old children with their early language development – 2-week course. Call for further advice and to book.</p> <p>Summer Stay, Play and Learn 1pm – 2.30pm Dengie Delivery Site CM0 8QB A drop-in play session for parents / carers and children aged 1-8 years, covering play and development including crafts and singing. (siblings can attend but activities may not be suitable)</p>	<p>First Time Parents 10am-11.30am Support for new parents/carers. 4-week course Please call for confirmation of location and to book.</p> <p>Baby Beginnings 1st Session 1pm – 2pm 2nd Session 2.30pm-3.30pm Maldon Family Hub CM9 5FW A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 mths, covering play and development including crafts and singing.</p> <p>0-5 years drop in 9.30am–11am Maldon Hub CM9 5FW Support and advice for under 5's, including behaviour, sleep, communication.</p> <p>School aged summer session 3pm-4.30pm Dengie Delivery Site CM0 8QB For all children, 5-19yrs to try their hand at creative and physical activities, access support and advice. Younger siblings welcome but activities may not be suitable, parents must stay.</p>	<p>Stay, Play, and Learn 9.30am – 11am Maldon Hub CM9 5FW A drop in, 10-week rolling programme for parents / carers and children aged 1-5 years, covering play and development including crafts and singing.</p> <p>Baby Beginnings 1pm – 2.30pm Chetwood Delivery Site CM3 5ZX A drop in, 10-week rolling programme for parents / carers and babies aged 0-12 mths, covering play and development including crafts and singing.</p> <p>5-16 years Get Active Session 3.30pm–4.30pm Chetwood Delivery Site CM3 5ZX Come and try a variety of sports, ball games and active play. (siblings welcome but activities may not be suitable, parents must stay)</p>	<p>Baby Beginnings 9.45am – 11.15am Dengie Delivery Site CM0 8QB A drop in, 10-week rolling programme for parents / carers and babies aged 0-12mths, covering play and development including crafts and singing. Plus, support and information on feeding your baby -breastfeeding, formula feeding or combi-feeding.</p>